

My regular 6-month visit at 2:10 P.M. today, January 11, to Dr. Neal Davis.



My blood pressure: 138/70 (normal blood pressure is below 140/85)

PSA (prostate specific antigens) level: normal

Cholesterol: a deciliter of blood is tested; anything below 200 milligrams per deciliter (mg/dl) is considered desirable. My total cholesterol number is 187 mg/dl -which is very good.

The LDL (low-density lipoproteins; “bad cholesterol”) level should be below 130 mg/dl. Anything between 130 and 159 is classed as borderline high; over 160 is the high risk category for coronary artery disease or heart attack. My LDL level is 90 mg/dl, which is very good.

The HDL (high-density lipoproteins) cholesterol level should be at least 45 mg/dl, and the higher this number the better. My HDL level is 79 mg/dl, which is very good.

To determine one’s cardiovascular risk, divide the total cholesterol number by the HDL figure. A desirable ratio is 4.5. Anything lower is very desirable. My ratio is $187/79 = 2.3$, which is in the low risk category, which is very good.

“Everything’s where it should be. Your levels are all good, very good. Your cholesterol levels are excellent. You couldn’t ask for better. Even with

medication it would not be easy to get the levels where yours are—without any medication. It's wonderful. You've got great genes."—said Dr. Davis

The visit lasted about 10 minutes. My next visit will be on July 12th at 1:30 P.M.

I am, understandably, very pleased to learn that I am in good health.

I feel better than I have in years.

On with the show!